



East Coast Open Water Championship

September 17-18, 2016

LOCATION: Mariners Landing at Smith Mountain Lake
1245 Graves Harbor Trail
Huddleston, VA 24104
(540)296-1004
www.marinerslanding.com

*****Please make sure you take a moment to familiarize yourself with this location and plan accordingly. The start location is on the beach directly behind the Mariner's Landing condos.*****

CONTACTS: **Event Director**
Doug Fonder
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EVENTS: Saturday – 5K
Sunday - 1 Mile all ages
Sunday - ½ Mile 9 & Under

AGE DIVISIONS: ½ Mile: 9 & Under
1 Mile: 10-11, 12-13, 14-15, 16-19, 20-25, 30-49, 50 & Over
5K: 14 & Under, 15-19, 20-29, 30-49, 50 & Over

COURSE:

5K & 1 Mile Events

There will be an in-water start at the beach. Detailed directions with landmarks (including any changes) will be available at check-in.

½ Mile Event

9&Under swimmers will be taken by boat to the half-way point of the course and swim their event from boat start to finish line.





DATE/TIME:

- ◆ Check –in for the 5K will be on Saturday September 17th, 2016 from 1:00-1:45 PM with a race start of 2:00 PM.
- ◆ Check –in for the 1 mile (and 1/2 mile) races will be on Sunday September 18th, 2016 from 9:45 - 10:15 AM.
- ◆ 1/2 Mile race boat will depart shore at 10:30 AM and the race will start at approximately 10:45 AM. The 1 Mile flights will begin from the beach at approximately 11:00 AM once the 1/2 mile event is completed.
- ◆ 1 Mile races will be scheduled in waves that will be based upon total entries
- ◆ Colored caps will be provided based upon age bracket-caps must be worn during the race.
- ◆ Participants will also receive an athlete number at check-in that must be visibly displayed on both the right and left side of the body. Assistance in marking will be available upon check-in to ensure athlete number is visible and legible.

ENTRY FEE:

\$39 for one day

\$55 for both days

T-shirts & tickets for food at the awards ceremony are included with registrations which have been sent in by the pre-registration deadline of September 9th, 2016.

****If paying by check make payable to: ISCA****

****Credit card payment is available, but will be assessed a transaction fee if done on site****

LATE ENTRIES:

- ◆ On site entries are welcome, but must be submitted no later than 1:45 PM on September 17th for the 5K event and no later than 10:15 AM on September 18th for the one mile (and 1/2 mile) races. Absolutely no entries will be accepted after these times on race days!
- ◆ T-Shirts will be given for late entries on a first come, first serve basis while supplies last.
- ◆ Meal tickets for Sunday only, will be available for purchase for \$10 at the event.

GENERAL INFO:

- ◆ Restrooms and dressing rooms are available at the site
- ◆ Water temperature will be approximately 80 degrees
- ◆ Wetsuits are permitted
- ◆ Cancellation due to weather is always possible. No Refunds
- ◆ Overnight accommodations are available with discount rates at Mariners Landing

SAFETY:

Rescue personnel will be beach side during all events. Kayakers will patrol the course during the race to keep swimmers from excessively departing the course route. Motorized boat will be available for emergency assistance during events.

FOOD/DRINK:

All paid participants, including on-site entries, will receive a ticket for food at the awards ceremony following Sunday's races. All paid participants in Saturday's 5K will also receive a snack meal after the race. Additional food tickets for Sunday's awards ceremony may be purchased for \$10 on site. Complimentary water for all participants will be provided on Saturday and Sunday.

PARKING:

Parking spaces are available at Mariners Landing.

AWARDS/SOCIAL:

Awards will be given for first through third in each age group, male and female classification, as well as on overall Male & Female champion for the 5K event.

5K Awards will be presented immediately following the completion of the race on Saturday.

1 Mile and 1/2 Mile event awards will be presented at the social immediately following the conclusion of the races on Sunday.

RESULTS:

Results will be posted on site upon availability.

Post-race results can be viewed on our website at www.lakeswim.net within 2 days after the event.

ENTRIES:

May be submitted via postal mail, online at www.lakeswim.net or at the race site prior to close of the registration period.

OVERNIGHT ACCOMODATIONS available at our official resort host sponsor:

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www.marinerslanding.com

****Make sure you mention you are visiting for the 2016 Open Water Swim Championship upon registration to receive the excellent room rates!!******